

HOW OA Northern California Contribution Form

These are the contribution guidelines recommended by the Overeaters Anonymous World Service:

Include the following information with each donation you send to each service body.

Meeting Number _____

Day and Time _____

Location _____

City _____

Treasurer Contact _____

Telephone _____

Email _____

Intergroup Number _____ Intergroup #09331

Donation Amount _____

Send 60% of your total donation to our Intergroup:

Make checks payable to and send to:
HOW-OA Intergroup Northern California, Inc. Intergroup #09331
PO Box 11070
Oakland, CA 94611-0070

Your donations help Intergroup to: publish meeting and sponsor lists, plan the weekend retreat, organize Day in HOW workshops, send HOW-OA delegate(s) to World Service and Region 2 and more!

Send 30% of your total contribution to the OA World Service:

<https://oa.org/contribute/>

[There is an online donation portal as well as a form for mail-in donations.]

Make checks payable to and send to:
World Service Office
PO Box 44727
Rio Rancho, NM 87174-4020

The OA World Service produces literature and podcasts, maintains oa.org, an online [bookstore](#), directories on meetings all across the world and answers newcomer and member inquiries.

Send 10% of your total contribution to the OA Region 2:

<http://www.oar2.org/about-r2/donate>

[There is an online donation portal as well as a form for mail-in donations.]

Make checks payable and send to:
Region 2 of Overeaters Anonymous
4733 Torrance Blvd., PMB #335
Torrance, CA 90503

Your contributions to Region 2 provide the foundation for regional outreach to members, intergroups, meeting groups, and compulsive overeaters in our area (California, Hawaii, Mexico and Northern Nevada).